

Gauche Aquatic Park
SWIM LESSONS & WATER SAFETY

General Information

- Deadline to register is Thursday @ Noon before the start of a session
- After deadline, registrations will available only at the GAP beginning at 6pm
- \$10 late fee applies for each individual
- If GAP cancels, make-ups will be on Fridays
- No make-ups for personally missed Lessons
- All dates, times & levels are subject to change without notice
- Classes will be held regardless of temperature/weather, unless lightning is present or other safety issues exist.
- One class each session will be dedicated to Water Safety.

REGISTER ONLINE: gap.yubacity.net or yubacity.net. OR in-person at any of our facilities.

See flyer for additional information & times.

Private & Semi-Private Lessons

Pre-School - Level 6

Registration for Private & Semi-Private Lessons must be done in person

Prerequisites: 3 - 14 years old. Be comfortable without parent in or near the edge of pool.

Private Lessons allow the participant to be taught one-on-one by an instructor at various levels.

Semi-Private Lessons offer participants to be taught two-on-one by an instructor. When signing up for Semi-Private Lessons, participants must be of the same level and pay in one transaction. If students are signed up and are not at the same level, the lesson will be taught at the lower level. Gauche Aquatic Park does not match students up to create a Semi-Private Lesson.

Pre-School & Level 1

Introduction to Water Skills

Prerequisites: **Pre-School: 3 - 4 year olds only. Level 1: 4 - 14 years old.** Both Levels require that participants be comfortable without parent in or near edge of pool.

Instruction Includes:

1. Orientation to aquatics environment
2. Enter & exit water independently
3. Submerge mouth, nose & eyes
4. Get submerged object at arms distance
5. Float supported on back & front
6. Bob 10x
7. Demonstrate rolling over front to back & back to front, 10x
8. Recover from back & front float with support to a standing position
9. Explore arm & hand movement with support
10. Exhale underwater through mouth & nose, 3sec.
11. Combined stroke on front & back with support, 5ft.
12. Wear life jacket & enter shallow water
13. Learn basic safety & how to get help

Level 2

Fundamental Aquatic Skills

Prerequisites: 4 - 14 years old. Be able to perform all skills listed for Pre-School or Level 1

Instruction Includes:

1. Enter water stepping/jumping from side independently
2. Exit water using ladder or side independently
3. Fully submerge head, 5sec.
4. Submerge head in a rhythmic pattern, 5x
5. Float unsupported front & back, 5sec.
6. Pick up submerged object, 3x
7. Recover from front float to standing position independently
8. Front & back glide, 2 body lengths
9. Roll over from front to back and back to front float unsupported
10. Explore arm & leg motions for treading water
11. Combine stroke front/back using kick/arm movement, 5yds.
12. Finning & sculling arm action, 10ft unsupported
13. Alternating & simultaneous leg action on side with support, 15ft.
14. Learn general safety and experience movement through water in life jacket

Level 3

Stroke Development

Prerequisites: 4 - 14 years old. Be able to perform all skills listed for Level 2.

Instruction Includes:

1. Jump into deep water from the side
2. Head first entry from side
3. Submerge & retrieve an object in chest deep water
4. Bob - head fully submerged, 5x
5. Rotary breathing with body in horizontal position 5x
6. Front & back glide using 2 different kicks, 2 body lengths
7. Survival float in deep water, 30sec.
8. Back float in deep water, 30sec.
9. Change from vertical to horizontal on front & back in deep water
10. Tread water, 30sec.
11. Demonstrate front & back crawl, 15yds.
12. Demonstrate Butterfly kick & body motion, 15ft.
13. Learn general safety rules
14. Demonstrate HELP and huddle position along with reaching assist.

Level 4

Stroke Improvement

Prerequisites: 4 - 14 years old. Be able to perform all skills listed for Level 3.

Instruction Includes:

1. Dive from side in compact or stride position
2. Swim underwater, 3 body lengths
3. Feet-first surface dive, submerged completely
4. Survival float in deep water , 1min.
5. Back Float in deep water, 1min.
6. Demonstrate open turn on front & back & push off in streamlined position, 2 body lengths
7. Tread water using modified scissor, breast stroke or rotary kick & sculling arm motions, 1 min.
8. Front & back crawl, 25yds.
9. Breaststroke, butterfly & elementary backstroke, 15 yds.
10. Swim on side with scissors kicks with or without support, 15yds.
11. Learn rules for safe diving
12. Demonstrate throwing assist & care for conscious choking victim

Level 5

Stroke Refinement

Prerequisites: 4 - 14 years old. Be able to perform all skills listed for Level 4.

Instruction Includes:

1. Demonstrate shallow dive from side into deep water
2. Shallow dive, glide two body lengths & begin any front stroke
3. Swim underwater , 15yds.
4. Demonstrate tuck & pike surface dives
5. Survival float, 2min.
6. Back float, 2min.
7. Flip turn while swimming on front & on back
8. Tread water using two different kicks, 2min.
9. Front crawl & back crawl, 50yds.
10. Butterfly, breaststroke, elementary & sidestroke 25yds.
11. Demonstrate rescue breathing

Level 6

Personal Water Safety, Fundamentals of Diving, Lifeguard Readiness & Fitness

Prerequisites: 4 - 14 years old. Be able to perform all skills listed for Level 5.

Instruction Includes:

1. Front crawl & back crawl, minimum 100yds.
2. Breaststroke, elementary backstroke, sidestroke and butterfly, minimum 50yds.
3. Demonstrate front crawl, sidestroke & backstroke open turn while swimming
4. Demonstrate front flip & backstroke flip turn while swimming
5. Demonstrate breaststroke & butterfly turn while swimming
6. Demonstrate help position in deep water, 2min.
7. Demonstrate huddle position, 2min.
8. Demonstrate feet first surface dive, pike surface dive & tuck surface dive
9. Tread water in deep water, 5min., kicking only 2min.
10. Surface dive & retrieve object from water 7ft-10ft
11. Survival & back float in deep water, 5min.